

A Minute to Think (the Course)

Executive Summary

If you're the type of leader who wants to take important concepts from a book and make them truly come alive within your organization—**with lasting behavior change and measurable results**—you'll want to consider enrolling your team, department, or organization in *A Minute to Think*, the course, based on the popular teachings of Juliet Funt's book, *A Minute to Think*. Our nimble and user-friendly courses have been enjoyed by global clients such as Spotify, Sephora, Anthem, Vanguard, Sysco, Morgan Stanley, and Vans.

COURSE GOALS

To help dedicated teams reduce busywork and burnout, and to create more thoughtful time that amplifies results, retention, engagement, strategic thinking, and creativity.

COURSE FORMAT

A three-month blended program of live and digital micro-learning which covers email, meetings, balance, saying no, creativity, team effectiveness, and more. Assessments, webinars, executive sessions, and course customization added upon request.

OPTIMAL GROUPS

Because our work involves building new norms, we typically teach to an intact population: a team, division, segmented geography, department, or ideally a whole organization.

COST

The cost of our initiatives runs between 450 and 950 per head, with some economy of scale in larger engagements.

GIVING

We believe nonprofits contribute more when powered by a culture of efficiency and thoughtfulness. We donate our services to select nonprofits and would love to help your favorite cause.



**OUTCOMES:
THE DATA**

- 19%** reduction in email time in a global food-services group
- 20%** decrease in work piling up in a large pharma company
- 14%** increase in creative time in a global health care company
- 15%** decrease in employees working after dinner for a technology company
- 21%** increase in engagement through meaningful work for a global accounting firm
- 15%** reduction in cost of talent-waste in an international energy company

**OUTCOMES:
THE PEOPLE**

“This has been the most useful training that I’ve had in twenty-plus years of being in the industry.”

“I’ve had significant time received back to my schedule.”

“When I am in the company of others now, I am present with them.”

“The course has created a common language on my team and amongst my colleagues that we all now speak. THANK YOU for this initiative.”

“This was the first time in my entire seventeen-year career that I felt it was safe to disconnect from work during the holidays.”

“It’s given me more time to focus on high-value items and the ability to graciously say ‘no.’”

“I’ve seen an immense reduction in weekly update meetings.”

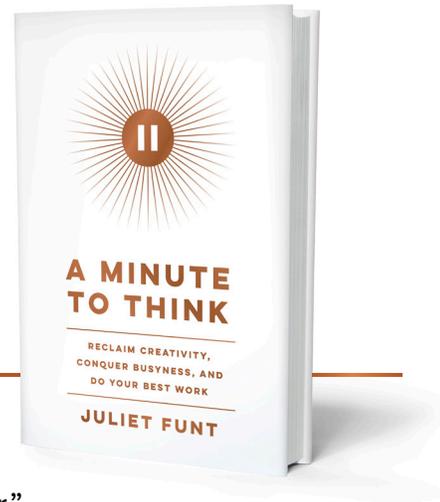
“This course has transformed my approach to repetitive/recurring tasks.”

“Our team became stronger, and the course led to some really great conversations where everyone was engaged and learned from each other.”



A Minute to Think (the Book)

- Nominated for the Next Big Idea Club curated by Malcolm Gladwell, Adam Grant, Susan Cain and Dan Pink
- Porchlight Staff Pick



“This smart, funny business book is brimming with actionable tools. It’s certain to make any team stronger.”

– Patrick Lencioni, president, The Table Group; *New York Times* bestselling author of *The Five Dysfunctions of a Team*

**Do you wish you could stop the mayhem of work and life and just take a minute?
Do you sense you could contribute more if there were a little more room in the day?
Does busyness deprive you and your burnt-out team of the oxygen your talents need to catch fire?**

Many have felt that way, yet taking a pause has seemed impossible—until now. In *A Minute to Think*, Juliet Funt, a globally recognized warrior in the battle against busyness, provides a powerful guide that will give you the permission, framework, and specific direction you need to do the following:

- Regain control of your overloaded, caffeinated, inbox-worshiping workday
- Liberate yourself and your teams from burnout and busywork
- Reclaim creativity and focus despite the chaos around you
- Bring thoughtfulness into designing your next work norms
- Tame the beast of email and escape the mire of meetings
- Find your precious minute to think

You’re not alone in your yearning for freedom from constant reactivity. The global workforce today is so fried that it belongs in the food court of a county fair. We’re relentlessly behind the curve, dousing fires everywhere, and our 3 a.m. insomnia provides the only unscheduled thinking time of the day.

What we need reinserted in our lives is the missing element of white space—short periods of open, unscheduled time that, when recaptured, change the very nature of work. White space is the stepping back, the strategic pause, the oxygen that allows the sparks of our efforts to catch fire. White space has the power to radically—and simply—reinvent the way we approach work in this maxed-out, post-COVID 21st-century world.

